

No Classes
January 2nd, 2017.
Classes will resume
January 3rd, 2017.

January

2017 Group Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:20-6:00am	Stretch	HIIT It Tuesday	Pumped	All About Those Hills	PiYo®	7:15-8:00am Cycle Saturday 14th - NO CLASS 8:15-9:00am Cardio Craze! 7th -Country Heat 14th - NO CLASS 21st - Cize® 28th - Step
7:50-8:35am	Silver Splash ®	Total Body Aqua	Blazin Bouys	Total Body Aqua	Silver Splash ®	
8:45-9:25am	Deep Waves	W-Wow	Deep Travel	W-Wow	Deep Waves	
10:00-10:45am	Silver Sneakers Classic ®	Strength, Stability & Balance	Silver Sneakers Circuit ®		Variety Friday 6th Stick to the Beat 13th Boxing, Balls & Bands 20th Stick to the Beat 27th Zumba Gold	
12:15-12:45pm	Cycle & Strength	PiYo Live®	Step	Pumped	Axis	
5:30-6:15pm	PiYo Live®	Zumba® *Top 40!	Urban Funk Cycle	Turbokick® Live	Strong (5:30-6:00pm)	
6:20-7:00pm	Aqua Zumba®	Pumped	Aqua Pumped	Aqua Jog		
6:30-7:00pm	Kickin'Asphalt INDOOR!					

Start thinking about your New Year's Resolution NOW!
January & February Challenge
Fit It In!
(See front desk for details)

800 South Park Lane
641-828-0580
Mon-Fri 5am-9pm
Sat 7am-7pm
Sun 1pm-5pm
Closed January 1st

Kid Friendly Classes! 1st grade & up welcome in **ALL** classes with adult present. 6th grade and up may participate in cycling classes. Instructors reserve the right to bench the non-participating.